

- stomach cleaning, schinctor control.
- 1) muscular control - body can be trained.
- 2) body responds to mind - relaxation, contemplation, religion.

KABIR 'Education in New India', 1956.

'Happiness is the end of all human efforts'.
 Interest of pupils paramount - suffering? (Elim)
 (Leadership to be development. (Second) any)
 Co-curricular activities - creative. co-ed)
 1ed

Current problems

- High costs of recreational areas + education.
- teachers + facilities after needs met.
- educated mind can use leisure profitably + creatively.
- 'to educate a girl, you educate a family'
- physical + moral training (all-round education)
- minimum physical test for each boy + girl.
- education for life - training for job.
- compulsory P.E. for 2 yrs. of university.
- 1957. College of P.E. (3 yrs. DEGREE)
 New Delhi, others - Calcutta, Madras.

1914 Shree Mardal. (Bombay)

Since 1925 - summer courses. Gandhi support.

1936 - visited Germany + Sweden.

- Preserve Indian culture + international sports.
- field hockey (men)

- * / 5 / forces
- 1) early Christian church
 - 2) monasticism
 - 3) feudalism
 - 4) guilds & towns
 - 5) scholasticism

* Medieval Days

Chapter. Educ. for Med. Disciplines. P. 96.

- 1) Church - proscribing, marginalists, marshy fogs.
- suppression of body - doctrine of asceticism
 - body abused, restrained, controlled.
 - "the good life". persecution, abstinence.
 - people fled Rome & Italy to catacombs
 - 500 yrs. of Dark Ages. Monasteries & church schools continued.

1660
to 1500

- 6th - 12th c. Benedictines

- 2) Monasteries - strict personal life, labor & study
- no P.E. or rec. or sports. Silence, withdrawal
 - the '7 liberal arts' of monastic schools.
 - 1) Trivium, Quadrivium. (grammar, rhetoric, logic) (arithmetic, geometry, astronomy)
 - religion & rhetoric & asceticism.

9th cent. - exterior schools for boys - secular fields.

- trained by monks. 1400. Archdeacon, monks etc.

- 1) 5
- 900-1100 AD
- Athens, Alexandria
 - Alhazad - 4 depts
 - Paris, Salerno, Bologna
 - 1) theology
 - 2) law
 - 3) philosophy & arts
 - 4) medicine

3)

Feudalism

Humanism

Chivalry

(PHYSICAL)

lessons in Latin & Greek.

Games of 'Tennis' or 'Course' - rugby.

Church (crusades), sons of landed nobility.

(initiation) (socializing)

- Page, squire, knight. (jousting)

7 yr. 14 yr. 21 yr.

BEHOLD

QUINTAIN (target practice)

Schooling. Church - church & lay - lay.

Mental development.

Recreation.

Games of the common people. cock-fighting

'PALIO' - ITALY (PRIZE)

1300

wrestling
dancing

England. long-horn, wrestling, quits, tennis, bowls, billiards, cricket, rugby, horse-racing.

Sch. III

* 3 MOVTS

1) HUMANISM (INDIV. EXPRESSION)
2) MORALISM (SOCIAL)
3) REALISM (PROTESTANT)
LUTHER
CALVIN
AMERICAN
JESUIT

* Middle 1800's P.E. established by law

Renaissance. (A U.S. in Europe) Paris

- Feudalism to monarchy.

- Commerce, printing press, New World.

+ Individualism - Greece + Rome led scholars.

1) HUMANISM. + Humanism + realism. (PETRARCH)

14th c. - de Feltra, P. Paris II. (exercise, health, diet)

- 'whole man'. - attitudes + skills + relaxation.

- Mulcaster - playing fields of Eton.

2) MORALISM. - Luther, Calvin, knightly sports (morality) affected P.E.

4) PURITANISM - Swiss (15th c. Europe) Swiss (dancing - porane)

HUMANISM. Humanistic, social, sense. (started ITALY)

- P. Paris, Montaigne, Bacon, Comenius. (HUMAN)

Ponsseur 1712 - 1778. Revolutionary ideas on education.

Jean-Jacques "mile" Treatise on education full.

1) "Weak body commands." fitness +

"Strong body obeys" naturalism.

- Influenced Germany in P.E.

2) Education of women. 1) Men - strength + free education 2) Women - personal charms.

- Printing, quits of Russia + Germany French
Voltaire, New World, religious freedom, Revolution

1768-71 'Encyclopaedia Britannica' 3 vols.

- Pestalotzi PESTALOZZI - Swiss (BOOK COWLEY)

Germany. - Basedow, Guts Muths - Germany.

1759-1839 - private school.

- 10 hr day. 3 rec. 2 labor - taught in muscular.

- instr. music, dance, riding.

summer camp, Greek gymnastics.

- Books 'Gymnastics for the Young'.
Gomes

- Medicine advanced + P.E.

- Medical gymnastics.

1552: ST. Andrews. Coll from Holland. Mary of Scots.

Froebel - education through play.
- kindergarten.

* Desbart - psychological investigations.
* Jahn - Turner - form of gymnastics (failed)

1900 - Spiess - teacher training
P.E. compulsory in schools.
- emphasis on youth - Hitler youth

"Games of the New Emerging Forces" - Jakarta, Indonesia
Red China, Hungary, Cambodia, Japan, United Arab Rep.
Argentina, Cuba, Indonesia, Tunisia, Algeria.

Jahn 1) Regeneration of people (Iron Cross) Gymn.
2) Union of country. (Festival)

Turner - Turnerian - gymnast - turnfest.
Playground - men's & women's gymnastics

Theriz. & // base. level. of operation.

- Sports concept.

1900: P.E. a quiet school - compulsory.

W.W.I. Hitler Youth. 1) Health 2) P.E.

- Rise & Fall of 3rd Reich - Good leadership.

- Carl Diem.

- KDF - Strength through Joy. movement.

W.W.II. Remarkable recovery - P.E. excellent.

Chap 15, 16, 17. Swedish

Pers Ling. H.J. Almarling

perce

Popul. Centre. Inst. of Gym. (Stockholm)

Swedish gymnastics

- parts of body
- org.

Denmark.

Nachtegel

Denmark.

Copenhagen

1) P.E. schools.

2) training school

3) manuals

Denish France

Bucke

alltime.

Dance

Heckel

Natural

exercises.

France. Ministry of - Youth & Sports.
Youth & Sports. (Ministry of Education)

- Elem & Sec. school teachers P.E.
- Mountaineering, ski-ing, mountaineers schools.
- Youth clubs - adult education - after school act.
- Rec. & cultural clubs.
- De Gaulle - Nat. Fitness Surge 1961.

Population gives champions.

Capes, theories, intellect.

Russia. in every aspect.

- Co-ed. emphasis. P.E. compulsory.
- Ukraine - 2nd largest state. (Aesthetics + P.E.)
- After schools - drama, modelcraft.
- Youth & industrial groups & facilities.
- Train top athletes. (Political.)
(2) Basic health & happiness of people.
- Preschool, schools, etc. all under P.E. instructors & doctors.
- Exercise breaks for workers, holiday camps.
- Emphasis on medicine & health - children & postures (remedial).

Definitions of Physical Education.

Physical education is physical activities which improve + perfect the ability and efficiency of the human body and its various organs.

Physical education is education by means of physical activities. It is concerned with the big-muscle activities and related factors which influence the development of the child and the physical and social efficiency of the adult.

Physical education is an opportunity ~~for~~ and obligation ~~for~~ growth along educational lines.

Physical education is that phase of education which is concerned first, with the organization and the leadership of children in big muscle activities, to gain the development and the adjustment inherent in the activities according to social standards; + second, with the control of health and growth conditions naturally associated with the leadership of the activities so that the educational process may go on without growth handicaps.

Physical education is the training of a perfectly functioning human being, physically strong and well-poised, organically sound + efficient, mentally alert + forward looking, emotionally well-controlled + well-balanced.

Physical education is the education of a co-operative, creative, serviceable member of society, with ideals, attitudes, habits + standards of living, which make for bigger, broader, more tolerant, more interesting, more helpful + more creative men + women.

Aims + Objectives of Physical Education

The organization and the leadership of child life is expressed in big muscle activities.

Health, citizenship and the worthy use of leisure.

The development of organic vitality, neuro-muscular skills, proper ideals and attitudes toward physical activity, and the establishment of desirable habits of conduct.

The complete development of the human body and its spiritual + mental powers.

Principles of Physical Education

Knowledge that people need exercise.

Develops nervous system, speeds circulation, respiration etc.

Aims & Objectives of our situation.

1. Love of physical activity.
2. The development of some skills, proper
x ideas and attitudes toward physical activity
and the establishment of desirable habits
of conduct.
3. The development of rhythm and grace.
4. x The development of love of play for its
own sake, & enjoyment of play with others.
5. Development of traits of leadership,
courage, co-operation, perseverance, sportsmanship.
6. Development of good posture and general
health habits.

Individual Needs.

1. Health.
 - watch exercise, and varying amounts as to each child, look out for fatigue.
2. Posture.
 - find out what is wrong with child's posture, and give exercises to remedy it.
3. Leadership.
 - give each child a chance to lead and to organize.
4. Team Play.
 - show children the benefits of team play, and let them organize everything to their own abilities with teacher's guidance.
5. Individuality.
 - get to know each child personally, and do your best to help him develop a definite personality.
6. Encouragement & Friendship. - Self-security.
 - be friendly and encouraging to each child - he will do his best work under ideal conditions.



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